

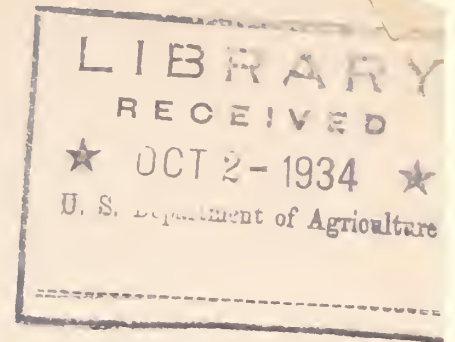
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UNITED STATES DEPARTMENT OF AGRICULTURE  
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SUGGESTIONS FOR SELECTING A BALANCED DIET

The general well being of the body at all ages depends upon the use of a diet containing adequate amounts of all of the various food essentials. For want of a better expression we sometimes refer to this as a balanced diet. By this we mean that the diet includes foods that will supply sufficient protein, minerals, vitamins, and energy to meet the needs of the body. This is best accomplished by using a variety of foods.

Milk, eggs, fruits, and vegetables - the so-called protective foods - are important sources of minerals and vitamins. Milk and milk products, eggs, meat, and fish are the chief sources of protein. Cereals and cereal products, starchy vegetables, sugars, and fats are classed as energy foods, and provide fuel or calories.

One or two average servings of a protein food - meat fish, eggs, or cheese,- each day will ordinarily be adequate to meet the protein requirement. Most foods contain some protein which supplements the main source.

Milk, eggs, fruits (especially citrus fruits and tomatoes), and vegetables (especially the green leafy ones) should be used liberally at all times because they are excellent sources of vitamins and minerals. Milk is our chief source of calcium. Eggs and green leafy vegetables are good sources of iron.

One green vegetable and at least one other vegetable besides potato should be included in the diet each day. Macaroni, spaghetti, etc., are cereal products and should not be considered as vegetables. Some fruit or vegetable should be eaten raw each day to supply vitamin C. This vitamin is easily destroyed by heat, and cooked and dried fruits and vegetables cannot be depended upon to supply it in adequate amounts.

The amount of energy foods, i.e., fats and carbohydrates, eaten should be in accordance with a person's activity. A very active person needs more than one doing sedentary work. The safest way for an adult to judge whether the energy requirement is being met is to take note of the weight at regular intervals. If there is a steady increase in weight, it is an indication that the amount of energy food or caloric intake is more than is required, and conversely, if there is a decrease in weight the calorie intake is too small.

H.E.M. (9/15/34)  
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